



TEACH YOUR KIDS ABOUT EMOTIONAL WELLBEING.

Sound It Out has all the tools you need to build open and honest relationships with your children.

Learn about emotional wellbeing [\[link\]](#)



Use our step-by-step guide to make sure you're fully equipped to have a healthy conversation with your kids about emotional wellbeing.

Step 1

LEARN ABOUT EMOTIONAL WELLBEING

Talking to your children about emotions and teaching them how to manage their emotional-wellbeing can have a positive impact on their lives.

Start learning >

Step 2

IMPROVE COMMUNICATION WITH YOUR CHILD

Follow this guide with tips and activities to build healthy and open conversations with your child.

View conversation guide >

Step 3

DIVE INTO SPECIFIC EMOTIONS AND TOPICS

Find tips to help your child manage various situations and emotions, like losing someone, stress, and depression.



BREAK THE ICE AND START THE CONVERSATION

Put everything you've learned into practice by using our interactive conversation starter pack.

Start talking >

**SOUND IT
OUT**



MUSIC CAN HELP YOU SOUND IT OUT TOGETHER

See how listening to music and creating lyrics together
can help you and your kids communicate.



WHY SOUND IT OUT

Sound It Out is a campaign that offers educational resources and activities from expert advisers to help parents and caregivers learn and practice healthy emotional wellbeing. This campaign is lead by Ad Council, in partnership with Pivotal Ventures, and a coalition of organizations.



ABOUT US

Are you or your child in a crisis?

For emergencies, call or text 988. or Text HOME to 741741 or call 1-800-273-8255.



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